

# Tooth Talk

## **“Hey Doc, my teeth are crooked. I don’t like my smile! I want straight teeth. What are my options?”** **Part 1 - Composite Bonding”**

If you are looking for an instant cosmetic make-over of your front teeth, composite bonding may just be the right choice for you! Composite bonding is one of the most conservative and affordable ways to aesthetically enhance the appearance of your front teeth so that you can improve your smile.

To begin the composite bonding process, the dentist will treat the teeth with one or more special liquids on the enamel to roughen the enamel surface and allow the bonding material to adhere. Then, a composite (plastic) resin is applied and shaped to match the contour of your natural teeth. The dentist can also create a different tooth shape with the resin material to suit your desire. You can also pick a different colour for the bonding process to make your teeth whiter. A light is then used to harden the material. The surface of the composite is then trimmed and polished to a natural luster and appearance.

### **Composite bonding is a good option for:**

- reshaping crooked or poorly shaped teeth
- closing diastemas( spaces between teeth)
- restoring chipped or fractured teeth
- improving the colour of stained/discoloured teeth
- repairing root abrasion due to gum recession
- etc.



Cases completed by Dr. Sun

### **Advantages of composite bonding include:**

- tooth conservation-usually, minimal to no tooth preparation is required
- Instant result- composite bonding is usually achieved in one appointment
- cost- composite bonding is usually less costly than veneers, crowns, braces
- minimal to no freezing required
- appearance - with a variety of colours to choose from, composite bonding can be made to look very natural and pleasing.

### **Disadvantages of composite bonding include:**

- strength - it is not as long as veneers or crowns that are fabricated in the laboratory; therefore, one should avoid hard food such as ice cubes, carrots and avoid habits such as nail/pencil biting etc. to prevent breaking or chipping of the bonding
- staining - composite bonding is more prone to staining than laboratory fabricated veneers/crowns due to its surface porosity; therefore, one should minimize the use of tobacco, wine, coffee/tea in order to preserve the colour of the bonding.

If the composite bonding is well cared for, it can provide a beautiful and a natural-looking smile for a long time.

## **ACCEPTING NEW PATIENTS**

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